



ENTSCHLUSSKRAFT

For those who want to achieve what they set out to do.

Sonja Vandrei

Holistic Systemic Coach
Reiss Motivation Profile® Master
Communications Designer

Professional Background and Key Topics

Acting decisively

In my nearly 20 years of working in the corporate world, I've observed that most decisions are put off until one has to be made. The consequences of the rashness that results unnecessarily cost resources that, in turn, are not available elsewhere.

The main focus on my work is on the causes and effects. Recognizing these patterns and understanding them produce effective strategies through which decisions unleash the energy necessary for their implementation.

Coaching Approach and Understanding

Making dream into reality

For me, the greatest power lies in taking people as they are. I consider my job to be to appropriately assist you on the path to your own reality. I consider myself a guide toward a conscious understanding of your own typical decision-making routines. The resulting Aha! moment opens up the space where joy and energy for activity live. Surprisingly clear and not at all what was expected.

As a coach, the systemic approach is the starting point and the foundation. Along the way, we will look at the different systems in which people operate as well as personality traits, needs, value systems, and the intrinsic motivation that determines your own actions.

My direct North German manner and a dash of humor create an atmosphere of familiar ease that makes it fun to develop yourself.

Coaching Topics for Executives and Ambitious Doers

Exhilaration, not exasperation

- ↗ Decision-making power & ability to act: How do I go from idea to decision to actual implementation? And how do I effectively help myself in this process?
- ↗ Feedback culture & conflict resolution skills: How do I make sure someone else understands what I want? How do I handle conflicts without squandering resources? How do I get feedback that helps me move forward?
- ↗ Reflection: What have I experienced that I want to foster? What is the message behind my emotions? What do I want to keep up?

Coaching Service and Contact

Many can decide. Few can act.

Go from decision to action and give yourself your own personal sense of achievement and e-mail me at sv@entschlusskraft.com. I'd be happy to meet you!

CONTACT

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KEY TOPICS

- ↗ Decision-making power & ability to act
- ↗ Feedback culture & conflict resolution skills
- ↗ Reflection

TRAINING & DEVELOPMENT

- ↗ Holistic Systemic Coach (per ICF standards)
- ↗ Nonviolent communication
- ↗ Communication design (BA)

LICENSING

Reiss Motivation Profile® Master
Reiss Profile Germany GmbH



REFERENCES (SAMPLE)

Procter & Gamble Switzerland Sarl,
Miami Ad School Europe,
EGAS Elektronik GmbH,
Eps51 Graphic Design Studio,
KTexte, Reflex Verlag GmbH,
Sebastian Professional

LANGUAGES

German
English

ONLINE PROFILES

Xing: https://www.xing.com/profile/Sonja_Vandrei

LinkedIn: <https://de.linkedin.com/in/sonja-vandrei>